



# Offer Versus Serve BREAKFAST [ 1 ]

## Breakfast Meal Pattern

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	No requirement, substitution for fruit allowed.		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meat/Meat Alternates (oz eq)	No requirement, substitution in place of grains allowed after 1 oz eq daily requirement met.		

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Green Handout

Here are the Breakfast Meal Pattern requirements, see your **green handout** to follow along.

Daily planned fruit requirements increase to 1 cup.

All grains served must be Whole Grain Rich

Milk requirements are the same.

Fruits<sup>d</sup> and Vegetables<sup>d</sup>: For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups **before you can serve Starchy subgroup**.

## Definitions

- **Food component**

- A food that is from 1 of 5 food components for a reimbursable meal, i.e. bread slices are in the grain component.



- **Food item**

- A specific food offered within the five food components, can be made up of multiple components.
- Example: An egg sandwich is 1 food item but 2 components (M/MA and Grain)



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### READ SCRIPT

Before we get into the breakfast OVS requirements, let's return to this definition slide. The difference between a food component and food item are very important for breakfast OVS.

There are three components required at breakfast (grain, fruit, and milk).

### Read Script

We have already covered the lunch OVS requirements: Each student must take 3 components (2 components in full, planned serving sizes and at least ½ cup fruit and/or veg) to make a reimbursable meal.

For breakfast we count food items for offer versus serve. Food items can be 1 component (like a slice of bread) or made up of multiple components (like a breakfast pizza may have creditable grain, m/ma, & veg)

### --Do not have to read below unless clarification is required--

Definitions from 7 CFR 210.2

*Food component means* one of the five food groups which comprise reimbursable meals. The five food components to be offered to students in grades K–5 are: Meats/meat alternates, grains, vegetables, fruits, and fluid milk. Meals offered to preschoolers must consist of four food components: Meats/meat alternates, grains, vegetables/fruits, and fluid milk.

*Food item means* a specific food offered within the five food components: Meats/meat alternates, grains, vegetables, fruits, and fluid milk.

## Offer vs. Serve at Breakfast

- Optional for all grades at breakfast
- Allows students to decline a portion of the offered meal
- Benefits:
  - Reduces food waste
  - Permits students to choose foods they want to eat

[ 4 ]

### Read Script

- OVS is optional at all grade groups for breakfast. Remember this is determined by the school food authority (SFA) and is in your annual agreement with CANS.
- OVS allows students to decline a portion of the meal and the school can still claim it as a reimbursable meal. This gives the student a little bit of an option to choose what they would like to eat, which may help the student to eat more of their selected meal.
- OVS reduces food waste, but allowing the student to decline a certain amount of food that they may refuse to eat.

## The Simple Menu Approach

Everyday, you must plan:

- 1 or 2 Grains: a minimum of 1-2 oz eq grain
  - meet daily & weekly requirements
- 2 Fruits: (must equal 1 cup)
  - Example: ½ cup fruit pieces & ½ cup 100% fruit juice
- Milk: 1 cup choice of low-fat or no-fat milk

[ 5 ]

You can make breakfast very simple or very complicated.

I Recommend a simple approach to start. This is the simple approach. If you take the next course you can learn more about breakfast menu planning flexibilities.

## Offer vs. Serve at Breakfast

- For Offer vs. Serve (OVS) *a school must offer at least 4 food items*
- A student must select at least **3 food items** AND
- Student must select at least a ½ cup fruit or ½ cup 100% fruit juice



[ 6 ]

### Read Script

- We touched on this briefly a moment ago. In order for a school to allow ovs at breakfast, the menu must contain a minimum of 4 items.
- Each student must select at least 3 food items for a reimbursable meal and a student must select at least ½ cup of fruit/veg.

## Example Breakfast Menu 1

Menu	Crediting	# Food Items
WG Toast	1 oz eq grain	1 food item
Cereal Flakes	1 oz eq grain	1 food item
Apple slices	½ cup fruit	1 food item
100% Fruit Juice	½ cup fruit juice	1 food item
Milk (2 varieties available)	1 cup milk	1 food item

To build a healthy tray: Choose 1-2 fruit, 1-2 grains or meat, and a milk.  
Your tray must include 1 fruit.

Read Script

Here is an example breakfast menu.

**Q:** How many food items are there? *Answer: 5 food items.*

**Q:** What are some examples of a reimbursable meal under OVS (what item combinations do students have to take)? *Answer: Apple slices or 100% fruit juice and any other two food items.*

## Example Breakfast Menu 3



Menu	Crediting	# Food Items
Egg Sandwich	1 oz eq grain & 1 oz eq m/ma	2 food items
100% OJ	½ cup 100% juice	1 food item
Apple slices	½ cup fruit	1 food item
Milk (2 varieties available)	1 cup milk	1 food item

To build a healthy tray: Choose 1-2 fruit, 1-2 grains or meat, and a milk.  
Your tray must include 1 fruit.

[ 8 ]

Read Script:

Here we have a menu with a grain and meat/meat alternate combination food item.

In this example, the menu planner is choosing to serve 1 oz eq grain and 1 oz eq m/ma substitute for grain (that counts toward the grain credit). The menu planner is choosing to credit both components. So the sandwich is 2 food items.

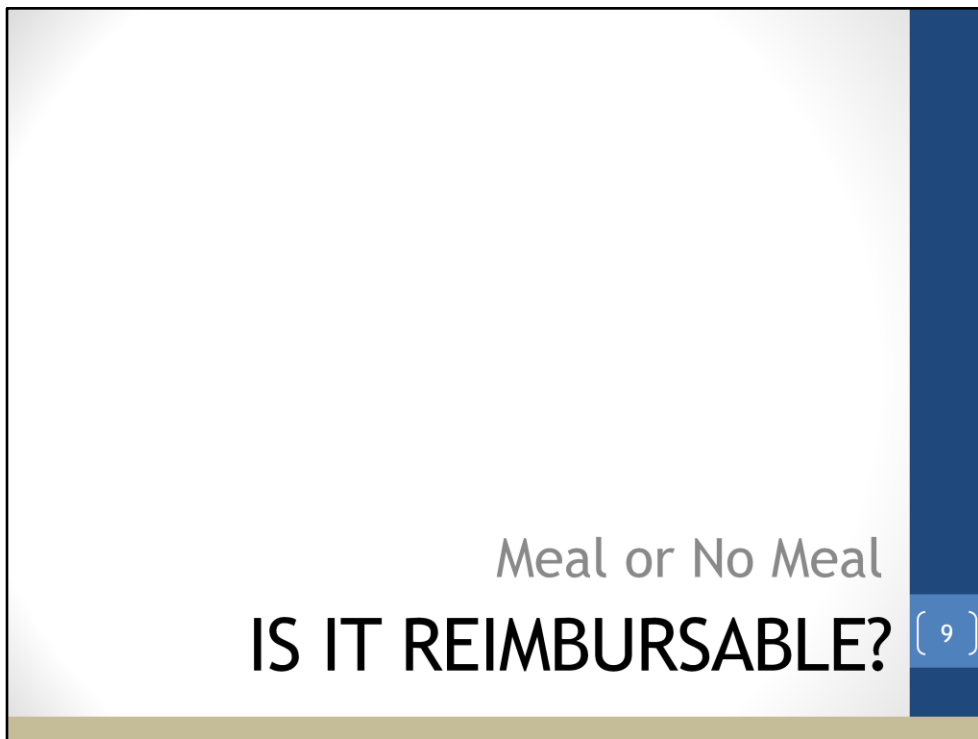
**Q:** How many food items are there? *Answer: 5 food items.*

**Q:** Can you use this menu for OVS? *Answer: Yes, you need at least 4 food items on menu.*

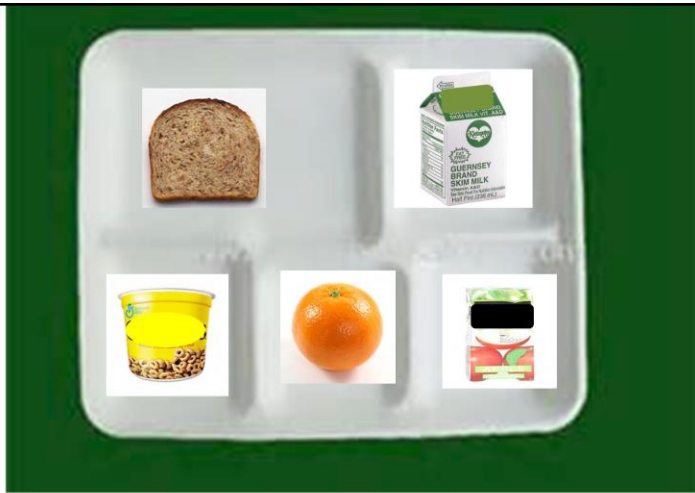
**Q:** What are some examples of a reimbursable meal under OVS (what item combinations do students have to take)? *Answer: students can choose the Egg Sandwich or the full cup of Apple slices, and a milk for a reimbursable meal. Egg Sandwich, ½ c apple, 1 milk. 1 c apple and milk.*

**Q:** What could you do to the menu to allow students the option to decline the sandwich? *Answer: add another food item, like a piece of toast, or another fruit option.*





Together we will go through the next slide and answer Reimbursable meal or no meal.



### The menu (5 items)

1 oz eq WGR bread

1 oz eq Cereal

1 orange (1/2 c fruit)

1/2 c 100% apple juice

1 c milk

[ 10 ]

This menu contains 5 food items, remember that it only has to contain 4.

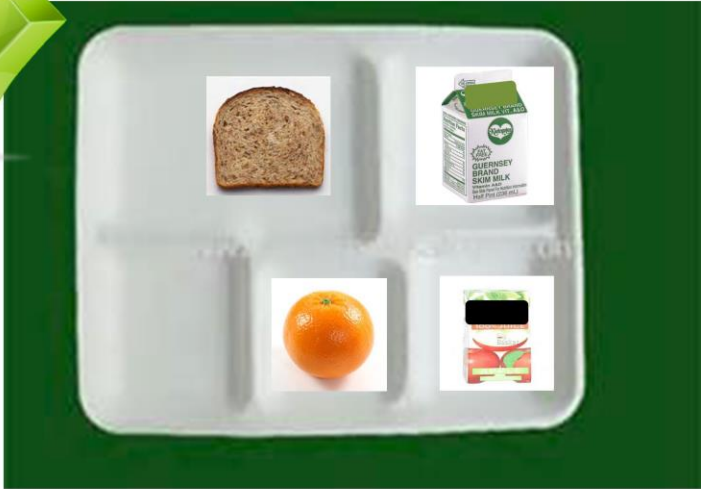



Student #1

[ 11 ]

Student #1 took toast, milk, orange, and juice.  
Is this a reimbursable Meal or no meal?

## MEAL - 4 food items + $\frac{1}{2}$ c fruit



Student #1

[ 12 ]

Student #1 took a reimbursable meal. They took 4 food items, that is more than the minimum 3 and it contains at least  $\frac{1}{2}$  cup fruit.



Student #2

[ 13 ]

Student #2 took toast, milk, and orange.  
Is this a reimbursable Meal or no meal?

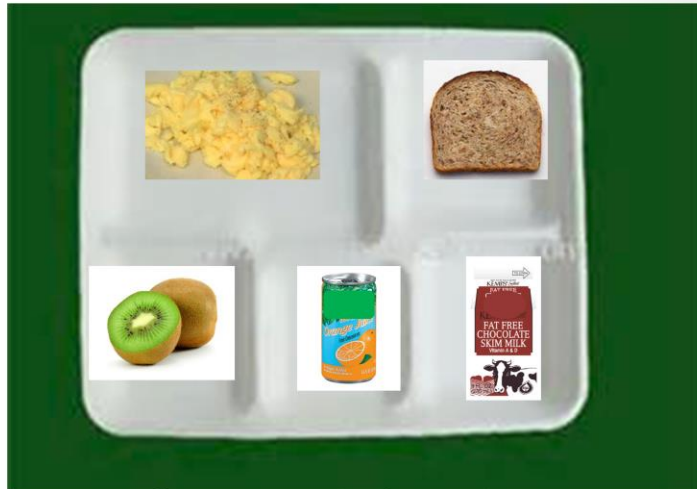
## MEAL-3 food items + $\frac{1}{2}$ c fruit



Student #2

[ 14 ]

Student #2 took a reimbursable meal. They took 3 food items, that meets the minimum requirement of 3 food items and it contains at least  $\frac{1}{2}$  cup fruit.



### The Menu (5 items)

1 oz eq WGR bread	½ c 100% OJ
½ c kiwi	1 c milk
1 oz eq scrambled eggs	

[ 15 ]

The menu planner met the 1 oz eq grain (required daily all grade groups) and the menu planner substituted 1 oz eq eggs (m/ma) for grains.



Student #1

[ 16 ]

Student #1 took the eggs, toast, and milk.  
Is this a reimbursable Meal or no meal?



## MEAL-3 food items, but no fruit



Student #1

[ 17 ]

Student #1 did not take a reimbursable meal. They took 3 food items, that meets the minimum requirement of 3 food items. However, it does not contain at least  $\frac{1}{2}$  cup fruit.

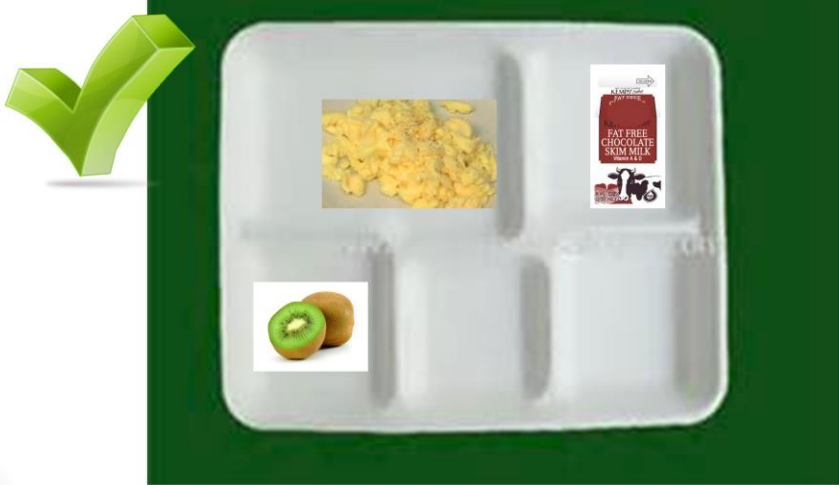


Student #2

[ 18 ]

Student #2 took the eggs, kiwi, and milk.  
Is this a reimbursable Meal or no meal?

## MEAL-3 items selected + $\frac{1}{2}$ c fruit



Student #2

[ 19 ]

Student #2 took a reimbursable meal. They took 3 food items, that meets the minimum requirement of 3 food items and it contains at least  $\frac{1}{2}$  cup fruit.



## Lunch & Breakfast Requirements

# ADDITIONAL INFORMATION

[ 20 ]

## Fruit and Vegetable Bars

- Excellent way to offer variety
- Use to simplify menu planning to meet subgroup requirements.
- If it is a separate serving line, must offer all components of a reimbursable meal
  - All daily and weekly requirements must be met
    - Vegetable subgroups, schools must *offer*, but child does not have to take subgroups
- Suggestions for using salad bars
  - [http://teamnutrition.usda.gov/Resources/tricks\\_t\\_rade.pdf](http://teamnutrition.usda.gov/Resources/tricks_t_rade.pdf)
  - Know the planned portion sizes
  - Pre-portion some foods
  - Use portion-controlled serving utensils

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### READ SCRIPT

- A topic of interest for many of you is salad bars. We continue to encourage schools to offer salad bars to provide students with a wide variety of fresh produce.
- Salad bars can simplify menu planning while still meet vegetable subgroup requirements.
- If the salad bar is a separate line, it must offer all components of a reimbursable meal. This relates back to the slide we just looked at about Multiple Offerings and Serving Lines.
- The school is required to make those subgroups available. The child is not required to take any specific subgroups at a salad bar with lots of variety or under OVS.
- Additionally, while we certainly encourage a variety of options within the vegetable subgroups, there is no requirement for this. Therefore, operators do not necessarily have to change their offerings each day on the salad bar.
- We would like to remind you of some resources that continue to be available on utilizing salad bars (or garden bars, or fruit/veggie bars), such as reference materials already available through Team Nutrition.
- We recognize that some aspects of the document (the link is posted on the slide; it is also referenced for you in your packets of reference materials) may have to be updated, but there is some great material in there to work with already. And again, many of the concerns we are hearing are related to salad bars in general, not the new meal pattern- and general information on operating salad bars already exists.

## Special Diets

- CANS NSLP memo #
- 47.2 -Special Diet Statements in Child Nutrition Programs (Revised)
  - **“Special Diet Orders”** - Special diet orders are for participants with a disability that threatens a major life activity. **SFA’s are** required to provide an alternate meal or food. Specific “Special Diet Order” must be completed and signed by an MD or DO.
  - **“Special Diet Request”** - Some children do not have a disability but are unable to consume the regular meal because of medical or other special dietary needs. A “recognized medical authority” may submit a form requesting dietary substitutions. The SFA has the option to follow these requests or not. Though both federal law and CANS encourage SFAs to make dietary substitutions.
  - Both “Orders” and “Requests” must have proper documentation on file for each child.
- 60 - Special Diets - Q&A on Special diet requests

[ 22 ]

Read slide

## Special Diets

- Other options available:
  - Same Component Substitution:
    - For example, vegetarian diets can substitute yogurt (m/ma) in place of chicken (m/ma)
  - Milk Substitution USDA FNS memo SP07-2010
    - For example, to deal with a lactose intolerance serve fat-free lactose free milk for regular fat-free milk
- Utilize offer versus serve option

[ 23 ]

### Read slide

In case someone asks:

Milk Substitute Nutrition Standards

#### **Nutrient Per Cup**

Calcium 276 mg

Protein 8 g

Vitamin A 500 IU

Vitamin D 100 IU

Magnesium 24 mg

Phosphorus 222 mg

Potassium 349 mg

Riboflavin .44 mg

Vitamin B-12 1.1 mcg

# Breakfast Offer Vs. Serve 2016

This training credits for 25 minutes of training in

## Key Area 2 - Operations

2220 Offer VS Serve

Your Name:

Date of Training:



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